

# DALPLEX, A COMPLETE USERSGUIDE

## THINGS YOU SHOULD KNOW ABOUT DALPLEX ENTERING THE DALPLEX

1. DALPLEX hours will be from 7 a.m. until 10:30 p.m. daily Monday through Friday and from 9:00 a.m. until 4:30 p.m. Saturday and Sunday. The DALPLEX will be open seven days a week.

2. Members seek information at the information desk in the lower lobby to the right when entering the building through the main revolving door.

3. Near the main door are offices occupied by Ken Bellemare, the Head of the Division of Athletics and Recreation Services (to the immediate right), and by the Campus Recreation personnel (to the immediate left).

4. The main field house entrance for spectator events is directly ahead of the revolving door and is used **only** for spectator events. All participants of the DALPLEX must go down the stairs to the activity areas. For spectator events, persons enter the building through the appropriately marked entrance, purchase tickets and pass through the field house entrance doors. Ushers will guide you to the location assigned to the specific event. Because of the composition of the field house floor surface, spectators are requested not to wear high heeled boots or shoes.

5. Students, faculty and staff must show their Dalhousie University photo identification cards at the check-in point (just past the information desk) while alumni and community members of the DALPLEX must show their DALPLEX membership cards to gain entry to the activity areas.

6. Directional signs will help you locate the Equipment Distribution Center and the locker rooms. You may borrow equipment from the EDC, by filling out the appropriate equipment cards identifying the equipment needed and your card will be retained at the EDC until the equipment is returned at the end of its use.

7. Lockers are for daily use only. Key for lockers will be provided by the EDC for protection of your belongings. Valuables should be kept with you for DALPLEX staff is not responsible for their safety.

8. Directional signs will show you the way to the field house, swimming pool, or other activity areas such as courts or weight rooms.

9. Please observe the pool rules regarding footwear, showers, and other important activity area regulations.

10. Only footwear with light colored soles will be permitted in the field house. Any gymnasium footwear is permitted on the track. Participants must be wearing proper gymnasium clothing such as shorts, tee-shirt etc. No jeans or pants will be permitted. DALPLEX offers the convenience of rental service (to those not paying a membership fee) of shorts, tee-shirt, socks, towel, and athletic support (for males). This service is provided at no charge to those persons paying a membership fee.

### WHAT THE MEMBER CAN DO AT DALPLEX

1. There are many activities in which the member can participate and many activity areas.

A brief outline shows that one can participate in: basketball, volleyball, badminton,

tennis, racquetball, handball, squash, gymnastics, wrestling, karate, judo, team handball, swimming, water polo, synchronized swimming, scuba diving, diving, kayaking and life saving aquatic activity, weightlifting, weight training, fitness programmes, jogging and track. If there's something left out, ask at the information desk for there is probably an area where that sport can be arranged, or future programs planned.

2. Special areas have been designated for eating, drinking and smoking. Please observe the regulations established by the university for they are for your comfort and protection.

Smoking will be permitted in the main lobby area for spectator events only, or in the office areas.

Alcoholic beverages are not permitted at the DALPLEX.

The lounge overlooking the pool area will be used for relaxation by users of the DALPLEX, but food, drink and smoking will not be permitted in that area.

Food and non-alcoholic beverages will be permitted only in the Physical Education Lounge (near the EDC). Other areas may be designated by the University for special events.

### UNIQUE QUALITIES OF THE DALPLEX

The DALPLEX is your building. It has been built painstakingly, with every effort made to offer the members the finest physical education and recreation complex possible.

There are many features of the building which make it unique and add to its beauty and its usefulness.

1. ROOF—the stainless steel roof is air supported and is the only one of its type in the world. There are only two ENTRANCES to the main field house of DALPLEX which is covered by this roof—two revolving doors. One is located at the top of the spectator ramp and will be used only for spectator events. The other leads from the locker room areas and will be used by DALPLEX participants who will make up the majority of persons entering the building. (A sliding door at the top of the ramp is for the use of disabled persons using the complex as participants or spectators. There is an elevator for the use of disabled persons which goes to most areas of the building.)

The only EXITS from the field house are the revolving doors. There are emergency exits but they are to be used ONLY in case of emergencies. Should these doors be opened inadvertently, problems could arise in the operation of the building that would cause great inconvenience to all members.

2. FLOOR—the polyurethane floor surface is a versatile floor surface that can be used for many forms of physical activity. It can be harmed by the improper use of footwear (incorrect soles), by equipment abuse, as well as food, drink, cigarettes and gum. Please exercise care to insure YOUR building gets the proper

treatment.

3. TRACK—the polyurethane surface of the jogging track is durable for all types of gymnasium footwear—light soles or dark soles. Spikes will not be permitted.

The track is 250 metres long with six revolutions making a "metric mile"—1500 metres. The track will be open at all times the building is open and will be for members' use during all open hours.

4. POOL—the pool will be an area of pride for DALPLEX. The features of the pool contribute to making our aquatic programme one of the finest in the Maritimes. The two bulkheads will enable hundreds of persons to use the pool during a day of activity. The Bubbler system will enable divers to learn and perfect their specialty by offering comfort and protection. Underwater sound systems will permit swimmers to relax and enjoy their swimming as well as enable synchronized swimmers to enhance their performances.

Underwater viewing windows will enable our academic staff to film, analyze and therefore improve aquatic activity at DALPLEX.

### DALPLEX—IT'S FOR YOU

We are proud of what DALPLEX can do for those who use it. We want you to be proud of DALPLEX and to treat it with respect and care, receiving the full benefits that, as members, you deserve.

### FIELD HOUSE SCHEDULE

December 3, 1979 - January 6, 1980

#### BASKETBALL

##### Recreational

Monday-Friday  
7:00 a.m.-4:00 p.m. (1 court) (area 7)

##### Club

Monday-Friday  
8:00 p.m.-10:30 p.m. (1 court) (area 7)

##### Varsity

Monday-Friday  
4:00 p.m.-8:00 p.m. (1 court) (Divide men and women)

##### Club (4 courts)

Tuesday and Thursday  
7:30 p.m.-10:30 p.m.  
Saturday  
1:30 p.m.-4:30 p.m.

#### BADMINTON

##### Recreational

Monday-Friday  
7:00 a.m.-4:00 p.m. (4 courts) (areas 1 and 2)  
4:00 p.m.-8:00 p.m. (1 court) (area 1)

##### Club

Monday  
8:30 p.m.-10:30 p.m. (4 courts) (areas 1 and 2)  
Friday  
8:30 p.m.-10:30 p.m. (4 courts) (areas 1 and 2)

#### VOLLEYBALL

##### Recreational

Monday-Friday  
7:00 a.m.-4:00 p.m. (1 court) (area 3)

##### Club

Monday-Friday  
8:00 p.m.-10:30 p.m. (1 court) (area 3)  
Tuesday, Wednesday, Thursday  
8:00 p.m.-10:30 p.m. (2 courts) (area 2)

##### Varsity

Monday-Friday  
4:00 p.m.-8:00 p.m. (3 courts) (areas 2 and 3)

#### TENNIS

##### Recreational

Monday-Friday  
7:00 a.m.-3:00 p.m. (2 courts) (areas 8, 9, 10, 11 & 12)  
Saturday-Sunday  
9:00 a.m.-12:00 p.m. (3 courts) (areas 8, 9, 10, 11 & 12)

##### Club

Thursday  
8:30 p.m.-10:30 p.m. (3 courts) (areas 8, 9, 10, 11 & 12)

#### RACQUETBALL / HANDBALL

##### Recreational

Tuesday, Thursday, Friday  
7:30 a.m.-10:30 p.m.  
Monday and Wednesday  
7:30 a.m.-7:30 p.m.

##### Saturday

9:30 a.m.-4:30 p.m.

##### Sunday

9:30 a.m.-1:30 p.m.

##### Club (4 courts)

Monday and Wednesday  
7:30 p.m.-10:30 p.m.

##### Sunday

1:30 p.m.-4:30 p.m.

#### GYMNASTICS

##### Varsity and Club

Monday-Friday  
4:00 p.m.-8:00 p.m. (areas 11 and 12)  
Sunday  
1:00 p.m.-4:00 p.m. (areas 11 and 12)

#### WEIGHT LIFTING

##### Recreational

Monday-Friday  
7:00 a.m.-10:30 p.m.  
Saturday and Sunday  
9:00 a.m.-4:30 p.m. (Field House Weight Room)

##### Club and Varsity

Monday-Friday  
7:00 a.m.-10:30 p.m.  
Saturday and Sunday  
9:00 a.m.-4:30 p.m. (Olympic Weight Room)

#### WRESTLING

##### Varsity and Club

Monday-Friday  
4:00 p.m.-8:00 p.m. (area 10)

#### SWIMMING

##### Recreational

Monday-Friday  
7:00 a.m.-5:00 p.m.  
8:30 p.m.-10:30 p.m.

##### Saturday and Sunday

2 p.m.-5 p.m.

##### Club and Varsity

Monday-Friday  
5:00 p.m.-8:30 p.m.

#### Instructional

Monday-Friday  
5:00 p.m.-8:30 p.m.

#### Saturday

9 a.m.-noon

#### Intramurals

Saturday and Sunday  
noon-2 p.m.

Monday-Friday  
5:00 p.m.-8:30 p.m.

#### Research, clubs and other programmes

Sunday  
9 a.m.-noon

#### JUDO

##### Club

Tuesday and Friday  
8:00 p.m.-9:30 p.m.  
Sunday  
3:00 p.m.-5:00 p.m. (Section 10)

#### AIKIDO

##### Club

Monday and Wednesday  
8:00 p.m.-9:30 p.m.  
Sunday  
1:00 p.m.-3:00 p.m. (all days Section 10)

#### JOGGING & RUNNING

Monday-Friday  
7:00 a.m.-10:30 p.m. (Indoor Track)  
Saturday and Sunday  
9:00 a.m.-4:30 p.m. (Indoor Track)

#### SAUNAS

Located in Locker Rooms

Available at all times when the building is open.

#### SQUASH

Recreational (4 courts)  
Monday, Wednesday, Friday  
7:30 a.m.-10:30 p.m.  
Tuesday and Thursday  
7:30 a.m.-7:30 p.m.  
Saturday  
9:30 a.m.-1:30 p.m.  
Sunday  
9:30 a.m.-4:30 p.m.  
Club (4 courts) □